

January 2026

Meals on Wheels Wake County



All meals are served with 2% milk

Call 919-833-1749 to Cancel

Monday	Tuesday	Wednesday	Thursday	Friday
			1 CLOSED HAPPY NEW YEAR!	2 Chicken & Grits, Turnip Greens, O'Brien Potatoes, Wheat Bread, Fresh Fruit, Grape Juice
5 Spaghetti w/Meat, Apple Cobbler, Broccoli, Italian Bread, Vanilla Pudding *CONTAINS BEEF*	6 BBQ Pork w/ Bun, Potatoes w/ Sour Cream, Green Beans, Cold Slaw, Orange *CONTAINS PORK*	7 Chicken Cordon Bleu, Spinach, Sweet Potatoes, Wheat Bread, Fresh Fruit, Apple Juice	8 Brunswick Stew, Carrot Coins, Brown Rice Banana, Wheat Bread Orange Juice *CONTAINS BEEF & CHICKEN*	9 Peppered Swiss Steak, Brussels Sprouts, Mashed Potatoes, Wheat Roll, Cranberry Juice, Fresh Fruit
12 Chicken w/ Brown Rice Peas & Pearl Onions, Corn Wheat Bread, Fresh Fruit	13 Beef Stroganoff, Glazed Carrots Harvard Beets Orange, Wheat Roll	14 Beef Hamburger w/Bun, Lettuce, Tomato, Mustard, Green Beans Apple Cobbler, Orange	15 Baked Chicken, Brown Rice, Creamed Spinach Sourdough Bread, Orange	16 Macaroni & Cheese, Field Peas, Stewed Tomatoes, Wheat Roll Fresh Fruit, Pudding
19 CLOSED MLK, JR Holiday	20 Chicken Patty w/ Honey Chicken Stock, Hamburger Bun, Sweet Potatoes, Spinach Au Gratin, Banana	21 Beef & Broccoli, Ginger Carrot Coins, Brown Rice, Apple, Fortune Cookie, Wheat Roll *CONTAINS BEEF*	22 BBQ Riblet Pork, BBQ Beans Turnip Greens, Hamburger Bun, Orange, Vinegar *CONTAINS PORK*	23 Baked Chicken, Broccoli & Carrots, Squash Casserole, Texas Toast, Apple Juice Banana
26 Chicken Parmesan, Italian Vegetables, Seas Parslied Noodles, Wheat Bread Cranberry Juice, Fresh Fruit	27 Beef Meatloaf Patty, Brown Gravy, Cauliflower w/Rd Peppers, Corn, Sourdough Bread Orange Juice, Fresh Fruit	28 Smoked Beef Sausage, Lima Beans, Chopped Broccoli, Hotdog Bun, Banana Coleslaw, Mustard Packet *CONTAINS BEEF*	29 Chili Beef, Brown Rice Peas & Carrots, Corn Bread, Apple Juice, Orange *CONTAINS BEEF*	30 Chicken & Grits, Turnip Greens, O'Brien Potatoes, Wheat Bread, Fresh Fruit, Grape Juice

